Is it ANS?

The weirdness with the diziness and wooziness is still present, and I am curious, what it is. I always had incredible balance as a dancer.

What can I cut out what can I add? nutritionally. and exercise. how should that be treated.

ANS and ACE Score of 8

Clinical Profile Associated with Adverse Childhood Experiences: The Advent of Nervous System Dysregulationhttps://pmc.ncbi.nlm.nih.gov/articles/PMC5704132/

Adverse Childhood Experiences and Nervous System Dysregulation — PubMedhttps://pubmed.ncbi.nlm.nih.gov/29140276/

Adverse Childhood Experiences: The Protective and Therapeutic Potential of Naturehttps://pmc.ncbi.nlm.nih.gov/articles/PMC7726132/

Transgenerational transmission of ACEs through autonomic nervous system developmenthttps://pubmed.ncbi.nlm.nih.gov/30947082/

ANS and Neurodivergence

Dysregulation of the autonomic nervous system in adult ADHD — systematic reviewhttps://pubmed.ncbi.nlm.nih.gov/37702351/

Autonomic nervous system function in ADHD — systematic review https://pubmed.ncbi.nlm.nih.gov/31722229/

Autonomic responsivity across neurodevelopmental disorders https://sro.sussex.ac.uk/id/eprint/43091/

ANS and Probable Post-Tick-Borne Illness

Dysautonomia following Lyme disease — PubMed https://pubmed.ncbi.nlm.nih.gov/38390594/

Dysautonomia following Lyme disease — PMC full text
https://pmc.ncbi.nlm.nih.gov/articles/PMC10883079/

Johns Hopkins: ANS symptoms and POTS in Post-Treatment Lyme Diseasehttps://www.hopkinslyme.org/research/autonomic-nervous-system-symptoms-and-postural-orthostatic-tachycardia-syndrome-pots-in-post-treatment-lyme-disease/

ANS and Orthostatic Dizziness — Tilt Test Relevant

Hemodynamic orthostatic dizziness — diagnostic criteria https://pubmed.ncbi.nlm.nih.gov/30883381/

Vestibular-autonomic interactions beyond orthostatic dizziness https://pubmed.ncbi.nlm.nih.gov/34839339/

Autonomic dysfunction in orthostatic dizziness — tilt test validation
https://pubmed.ncbi.nlm.nih.gov/23294495/

Intracranial Procedure and ANS

Orthostatic headaches, intracranial hypotension and autonomic dysfunctionhttps://pmc.ncbi.nlm.nih.gov/articles/PMC8619734/